

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



Home Cooking Without a Kitchen
June 3. See p. 7.

Stuff yourself with goodies at the
Elks BBQ on June 13. See p. 3.

Pride Tea Dance for Seniors and their
Friends on June 7. See p. 14

The Social Aspects of Aging. On June
18. See p. 12.

Health Care Reform: How's It Going
on June 24. See p. 7.

Find a bargain Annual Yard Sale on
June 25. See p. 3.



JUNE 2015

MARIE LAVINE MEMORIAL CONCERT



Come and enjoy the 12th annual Marie Lavine Memorial Concert on **Thursday, June 11, at 2:00 pm.** The concert is a tribute to the memory of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater. It is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine.

This year our performers are Cyndy Gales a multi-styled vocalist who began her training in the classical genre while in her teens. She eventually moved into performing with local bands focusing on singing standards from the Great American Songbook along with the contemporary pop tunes of the day. For the last 15 years she has been performing with the Bill and Bo Winiker Band and has had the extreme pleasure to have performed with the Boston Pops Orchestra for their New Year's Eve Concerts in 2013 and 2014.

Also performing, Neil Greene a Pianist and graduate of the Boston University School of Fine and Applied Arts. Neil is well known for his prodigious piano technique and has mastered many styles of music from classical, jazz to pop and rock & roll. Neil has been a member of the Winiker Orchestra for the past 15 years.

Afterwards, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite.

INDEX

Acupuncture Presentation.....	14	Movies for Film Lovers.....	11
Adult Excursions, Brookline Recreation.....	26	Neighborhood Walking Group.....	9
Alzheimer's Caregivers Support Group.....	9	Observances, June.....	3
Annual Sidewalk and Book Sale.....	3	Ongoing Senior Center Events.....	21
Assisted Living Forum.....	12	Poetry Reading.....	3
At a Glance, June.	20	Pride Tea-Seniors.....	14
BA&CE.....	15	REAP.....	28
Barbecue-ELKS.....	3	Reiki Therapy.....	26
Beading Workshop, Modern.....	29	Senior Cinema.....	16
Board President, From the	31	Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security).....	6
Book Discussion Group, Public Issues Nonfiction.....	24	Share Your Sight.....	16
Book Discussion Group, Putterham.....	24	SHINE.....	29
Boylston Place Event.....	7	Social Aspects of Aging.....	12
Bridge.....	17	Solemates.....	9
BrooklineCan.....	13	Spanish Immersion.....	23
Chess.....	23	Thank You.....	30
Chorus, Senior.....	16	Theater Club, Senior Center.....	24
Chorus Senior Concert.....	11	Travel, Easy.....	12
Computer, One-on-One.....	9	Volunteer of the Year.....	17
Cooking without a kitchen.....	7	Volunteer News.....	28
Council on Aging Meeting.....	3	Walking Club, It takes a Village.....	29
Director, From the.....	31		
Downsizing	7		
Drawing, basic.....	12		
ELF.....	23		
ESL Conversation.....	28		
Fitness Center.....	14		
Food Distribution Site, Senior Center.....	23		
Forum-Public Policy.....	7		
Gallery 93.....	10		
Geriatrician, Ask a.....	5		
Handicapped Access.....	28		
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screen- ing, Flu Clinic, Eating Well).....	4		
Hearing Services..	4		
LGBT Brunch.....	15		
Let's Go To Lunch.....	19		
Living Our Values	14		
Low Vision-ipad and iphone.....	16		
Lunch Menu.....	18		
Luncheon Specials for June.....	19		
Medicare-Pharmacy Use.....	17		



The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)

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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

JUNE HOLIDAYS



There are no holidays in June for which the Senior Center is closed. You can plan on enjoying the many

and varied facilities and programs every weekday in June from 8:30 am to 5:00 pm. There are only a couple of holidays of note that actually fall in June; Father's Day and Flag Day.

Father's Day is celebrated on **Sunday, June 21** and Flag Day, celebrated on **Sunday, June 14**, commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. (from Wikipedia) It is not an official federal holiday.

COUNCIL ON AGING MEETING

On **Wednesday, June 10 at 1:00 pm** Brittany Mangini, Manager of Federal Food Programs The Greater Boston Food Bank will speak to us about the important issue of **Food Insecurity and Elders**.

SEASONED VOICES POETRY READING

Seasoned Voices will have their annual reading of original works at Brookline Booksmith, 279 Harvard Street on **Wednesday, June 3 at 7:00 pm**. This is always a special evening as the poets prove once again that poetry, like life, only gets better with age.



ANNUAL SIDEWALK SALE



We have all been cleaning our closets and cup-boards and have amassed a

variety of treasures. There are so many treasures accumulated that the Senior Center is inviting everyone to a "white elephant" sidewalk sale on **Thursday, June 25, from 10:00 am to 2:00 pm**—rain or shine. Come and take your pick among the goodies available. All proceeds of the sale will benefit the programs and services of the Senior Center. There are many bargains to be had. So come and buy!

ELKS BARBECUE

On **Saturday, June 13 at 1:00 pm** come to the Senior Center for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a marvelous job on their special meals—whether a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, you need to make reservations. To make reservations, call 617-730-2770.



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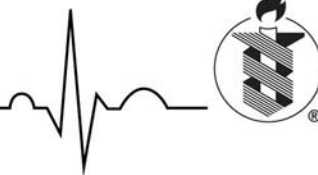
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Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, June 4 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Friday, June 5 and 19 from 9:00 am to 12:00 noon**. Sessions last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet at the Senior Center in June. The group will attend the annual State meeting in June.

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Thursday, June 18 from 9:00 to 10:00 am at The Senior Center.

Wednesday, June 3 from 2:00-3:00 pm at the BPHD building on Pierce Street.

Wednesday, June 10 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

Wednesday, June 24 from 1:00 to 2:00 pm at O'Shea House, 61 Park Street.

Blood Sugar Screening Olga Abamelik, RN, now affiliated with Suburban Home Care, will return to the Center to do blood sugar screening on **Thursday, June 18 from 11:00 am-12:00 noon**.

BROOKLINE HEARING SERVICES

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, June 18 from 1:00-2:00 pm**. They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm**. For more information or to register call Sharon Devine at 617-730-2769.




Who knew there could be so much heart in health care?

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

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 DANA-FARBER/HARVARD CANCER CENTER
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ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: *The flowering trees and bushes are beautiful, but every spring, my nose and eyes start to water. I assume this is from allergies. Is there anything I can do about this?*

Answer: Spring is a beautiful time of the year, with flowering trees and flowers everywhere. However, for many people, the large amounts of pollen that are released from grass, trees and flowers can cause or exacerbate allergies, often called "hay fever" or "allergic rhinitis". Symptoms can include runny nose, sneezing, watery and itchy eyes, and sometimes, cough. Often people think they have a cold. However, allergies are not associated with a fever or aches and pains.

Most allergy symptoms are mild and resolve as the season progresses. However, some people have severe symptoms. People with asthma can find that their breathing can be worse during allergy season. Some people find that their allergy symptoms last all year long, not just during springtime. They can find out what they are allergic to by having allergy skin testing, called a "prick test" by a specialist in Allergy and Immunology.

Interestingly, there is more evidence that we are seeing more allergies now than in the past because we are becoming "too clean." Throughout our lives, when we are exposed to "dirt" or such things as pollen or even peanuts, we develop antibodies to these, which then protect us from allergic reactions later in life. A recent study showed that Israeli children who eat a snack similar to cheese-its, only made from peanuts have far fewer peanut allergies than American children, who are protected from peanut products by cautious parents. Similarly,

antibiotic soaps may wash away some of the bacteria we need to be exposed to in order to develop antibodies.

Treatment for allergies can start with air purifiers, filters and to try to clear the inside air of pollen. After gardening or walking in grassy areas, wash clothes and hands, and take off shoes at the door.

Often people need medications to control severe symptoms. Unfortunately, the most effective drugs, over the counter antihistamines, can cause drowsiness and other side effects. The newer antihistamines, such as fexofenadine (Allegra) and loratidine (Claritin), which are also over the counter medicines, help control symptoms with fewer side effects. There are also some antihistamine nose sprays and eye drops available. Steroid nose sprays are often used, but long term use of these steroid sprays can cause some of the negative side effects of steroids. Decongestants such as pseudoephedrine can help, but can cause high blood pressure or heart problems.

Over the counter normal saline nose sprays or irrigation with a neti pot where you pour a salt water solution into one nostril and drain it out the other to flush out old mucus and other pollutants can help wash out pollen from your nose and have no side effects. This has been used for centuries and is extremely effective in treating the symptoms of seasonal allergies such as runny nose.



SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount. \$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for and sell BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2014 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$47,150; a couple's, \$53,900.

BETS service is available for use in all cabs of all companies that are based in Brookline. It's the law: If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be available on **Wednesday, June 3, from 9:00-12:00** to consult on legal matters of law. This service is offered free of charge, and no appointment is needed. **Please pick up a number at the reception desk or the COA office on the second floor.**

A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Brenner, will call you back as soon as possible.

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email: dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

THE 20th ANNUAL PUBLIC HEALTH POLICY FORUM

Health Care Reform: How's It Going?

Wednesday, June 24 from 6:00-9:00 pm

Presented by the Friends of Brookline Public Health and Brookline Adult & Community Education and moderated by former Massachusetts Governor Michael Dukakis.

This year our panelists are David Seltz, Executive Director, Massachusetts Health Policy Commission, Amy Whitcomb Slemmer, Esq. Executive Director, Health Care For All and Katherine Swartz Professor of Health Policy and Economics, Harvard School of Public Health.



This forum is open to the public. For more information contact: Brookline Department of Public Health 617-730-2300 or www.brooklineadulted.org

Co-sponsored by the Brookline Department of Public Health, the Brookline Council on Aging, the Office of Diversity, Inclusion and Community Relations, the League of Women Voters of Brookline, Brookline Commission for Women, and the Brookline Department of Veterans Services.

FOR THE 50+ DOWNSIZERS

On **Wednesday, June 17, 2015 at 1:00 pm.**, Karen Majalian and Beth Shuman, Realtors and Seniors Real Estate Specialists from RE/MAX Unlimited, will present a **FREE** seminar and Ice Cream Social: For the 50+ Downsizers: Thinking About Selling Your Home and Don't Know Where to Begin? Attendees will learn how to get their homes ready with 30+ years of personal belongings and how to maximize equity. Jason Suderman, Senior Move Manager will provide tips on organizing your move. To register call, 617-730-2770.

STRAWBERRIES, BLUEBERRIES, AND RASPBERRIES, OH MY!



Our friends from Boylston Place will be back on **Monday, June 29 at 1:00 pm** to delight us with a sampling of some tasty summer berry treats from their kitchen. We certainly have enjoyed their tastings in the past, so we can't wait to see what they have "cooked up" for the summer. To reserve your place, please call 617-730-2770.

HOME COOKING WITHOUT A KITCHEN

Want tasty, affordable, and healthy menu ideas? We can help! JF&CS and Project Bread are pleased to present *Home Cooking Without a Kitchen*, a new cookbook with simple, no cook and microwave meals. Join us to sample the recipes and get your **FREE** copy at the Brookline Senior Center on **Wednesday, June 3 at 1:00 pm**. This program is sponsored by JF&CS and Project Bread. To register, please call 617-730-2770.

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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon Group will meet on **Friday, June 12**. Please note: the afternoon support group is currently accepting new members. If you are interested in joining, please contact Helen Kass directly at 617-738-1790.

Good News! The Alzheimer's Caregiver's Evening Support Group has re-opened and is accepting new members! This group is primarily comprised of adult children caregiving for parents but spouses are welcome. This group meets on the last Thursday of each month in the evenings. Please call group facilitator, Susan Kanian-Andriole at 617-730-2754 for more information and if you are interested in joining the group.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic **on Tuesdays**. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

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THE SOLEMATES



Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it

doesn't cost a thing. The Solemates walking group meets **on Friday mornings at 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register or for more information, call Sharon Devine at 617-730-2769. **We are looking for a co-leader for this group who drives.**

NEIGHBORHOOD WALKING GROUP

On **Mondays from 9:30 am** Brisk Walking Group will meet with fellow walkers in the coffee lounge or in front of the Senior Center. Join our new brisk walking group. This is a wonderful opportunity to exercise with friends while enjoying the sights and sounds of Brookline. For more information, call Sharon Devine 617-730-2769.

Transition to your new phase of life!



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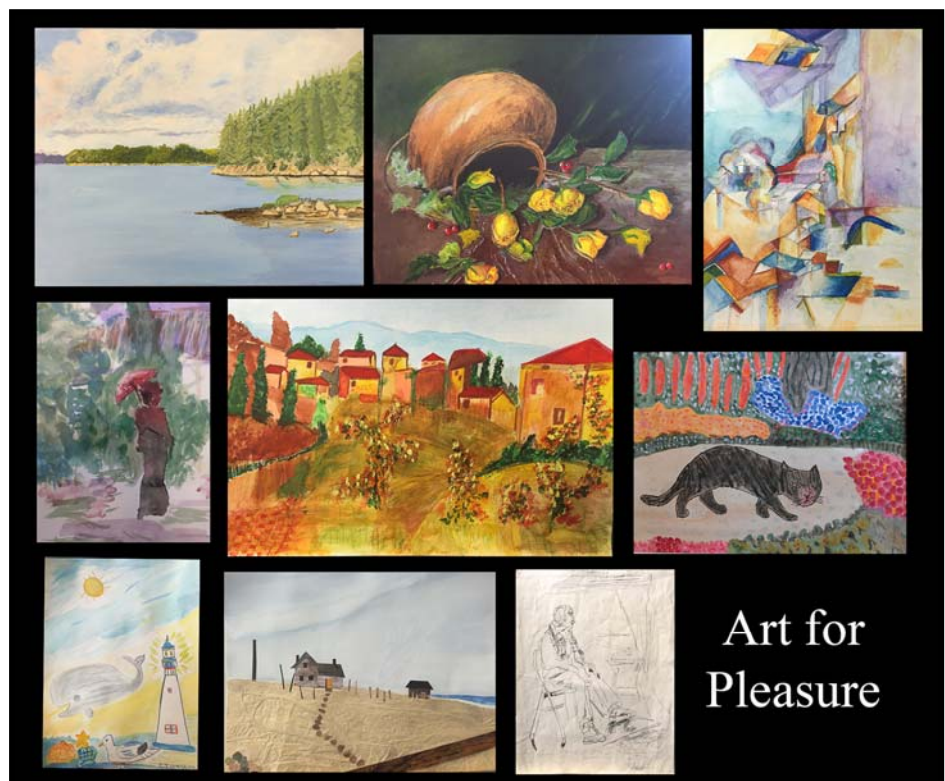
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Nancy Marks
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June 26
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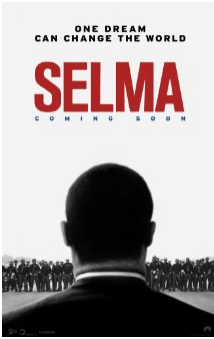
Running concurrently with Nancy Mark's show is an exhibit of works by her students. This show, "Art for Pleasure," will be shown on the third floor exhibit space at the Brookline Senior Center.



Art for
Pleasure

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in June at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.



Tuesday, June 2

128 min.

Selma (2014)

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

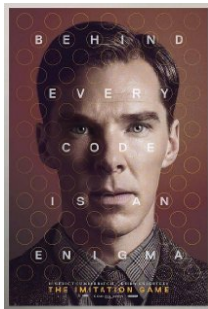


Tuesday, June 23

89 min.

Sorry, Wrong Number (1948)

Whilst on the telephone, an invalid woman overhears what she thinks is a murder plot and attempts to prevent it.

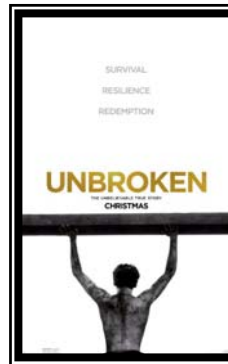


Tuesday, June 9

114 min.

The Imitation Game (2014)

During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians.



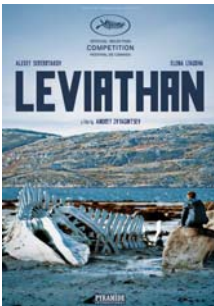
Tuesday, June 30

137 min.

Unbroken (2014)

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

Taken from internet Movie database www.imdb.com



Tuesday, June 16:

140 min.

Leviathan (2014)

In a Russian coastal town, Kolya is forced to fight the corrupt mayor when he is told that his house will be demolished. He recruits a lawyer friend to help, but the man's arrival brings further misfortune for Kolya and his family.

SENIOR CHORUS 4TH OF JULY CONCERT

The Senior Chorus will be performing everyone's favorite patriotic songs at their annual 4th of July Concert on **Wednesday, July 1, at 1:00pm**. The performance will be followed by some light summer treats. To register call 617-730-2770

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BASIC DRAWING

Learn to draw on **Thursdays, June 18 through July 30 from 9:30-11:30 am**. This class is open to people with little or no drawing experience and to those who want to refresh their drawing skills. Instructor Louise Weinberg developed this course on the premise that drawing can be learned. Each session builds on the previous one therefore it is helpful to attend all sessions. Materials will be provided for a fee of \$15. Space is limited for this very popular class so register earlier by calling 617-730-2770.



A CRASH COURSE IN ASSISTED LIVING

Join us on **Monday, June 8 at 1:00 pm** as Lance Chapman, MS, from Goddard House Assisted Living will cover topics such as; how to find the right assisted living for your family member, comparing traditional and memory support/dementia settings and various sources of funding. Lance's Crash Course will include a handout and a Q & A Session will follow the talk.

Lance Chapman, MS has over 22 years of experience working in the senior living field. His career includes management roles in Hospital, Skilled Nursing, Independent Living and Assisted Living settings. To register, call 617-730-

TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of \$2 per class.

ZUMBA



A Combination of Latin salsa, cardio workout and interval moves. This is the hottest dance fitness craze and it is fun. Get in shape and have fun doing so in this dynamic

and effective fitness system. There will be a **FREE** introduction class on **Thursday, June 4 from 1:30-2:30 pm**. The Summer semester **at the Senior Center will run on Thursdays, June 25 through August 13 from 1:30-2:30 pm**. The cost is \$45 for the semester or \$7 for individual classes and free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health.

Free classes will be held at 90 Longwood on **Wednesday until July 15 from 10:00-11:00 am and Ageless Grace from 2:00-3:00 pm**.

NOTE: No Class on Thursday June 11 and June 18.

EASY TRAVEL



Join armchair travel host Alice Fastov's on **Thursday, June 4 at 1:30 pm**. Alice will take us on the second leg of her recent trip to Israel.

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Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information

for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

SPOTLIGHT ON (BROOKLINECAN) COMMITTEES

One of the favorite attractions on the BrooklineCAN website www.brooklinecan.org/contractors.html is the **Service Referral Link** for homeowners. Current listings include plumbers, handypersons, contractors, electricians and others who have been vetted by the committee. Now the committee is re-organizing and is looking for a few volunteers to continue its work. Volunteers will have the opportunity to enlarge the list by contacting and vetting additional service providers who have been recommended. They will also have a chance to help plan two educational events a year involving some of the listed services, as well as collect feedback from users of the services. The Committee will meet quarterly or as needed. Volunteers will work from home and will be in touch with each other over phone and e-mail. Contact Chair Jamie Donchin at 617-730-2753 or e-mail jdonchin@brooklinema.gov.

DISRUPTIVE DEMOGRAPHICS



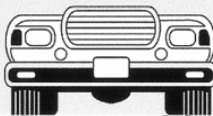
Join us on Thursday, **June 18 at 2:00 pm**. To hear speaker Dr. Lisa D'Ambrosio who is currently working on research with Dr. Joe Coughlin at MIT AgeLab on the social aspects of aging.

Their questions focus on what our aging population will need to enhance and improve the quality of life and independence. This focus is on not what products and services will be technologically feasible over the coming decades, but rather on what will be socially and personally acceptable to this population, with its changing demands for transportation, need for re-design of physical spaces (including the home and workplace), and power in the consumer and employment markets. Open to all at no cost to register, call (617) 730-2770.

Sponsored by the founding members of the Brookline Community Aging Network; the Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline and Jewish Family and Children's Service .

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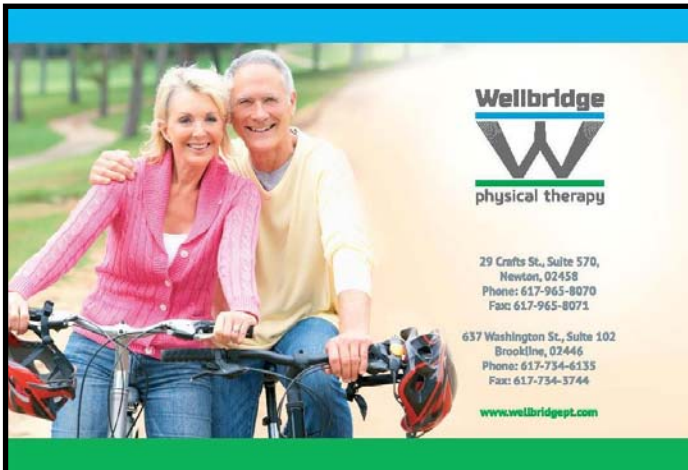
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LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.



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ANNUAL LGBT PRIDE TEA

The LGBT community is celebrating the 12th anniversary of the annual Pride Tea Dance for LGBT seniors and their friends on **Sunday, June 7 at 3:00 pm.** This special event often boasts over 200 guests and kicks off the Pride week activities with a fabulous party at The Holiday Inn (1200 Beacon St, Brookline, MA). On **Saturday, June 13th**, the LGBT Senior Pride Coalition will march in the **Boston Pride pa-**



rade with over 100 LGBT seniors, many of Our Pride week activities allow LGBT seniors to know what it feels like to be out, open and supported in the LGBT community.



ACUPUNCTURE PRESENTATION AND DEMONSTRATION

Dr. Howard Liu, Diplomate of American Board of Medical Acupuncture will discuss the general principles of medical acupuncture and its applications in treating a whole spectrum of chronic illnesses **on Monday, June 15 at 1:00 pm.** The goal is to use medication only when appropriate and surgery only when it's absolutely necessary. Dr. Liu will answer your questions and his presentation will be followed by an opportunity to experience an acupuncture treatment. Participation in the treatment portion of the program is first come, first served and will be based on the order of registration. You may be asked to wait up to 30 minutes in order to participate in the treatment portion of the event and a \$5 donation is requested. Registration is required call 617-730-2770 to register.

BROOKLINE ADULT & COMMUNITY EDUCATION SPRING OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Spring term is no exception. For more information about these courses, consult the BA&CE Spring 2014 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org.

Getting to Know Your Digital Camera

Noah Booshu, Instructor

Senior discount does not apply. Limited to six. 4 classes beginning on **Tuesday, June 9 from 9:30 -11:30 am**. Cost \$72.

Photo Editing with Picasa

Noah Booshu, Instructor

Senior discount does not apply. Limited to six. 4 classes beginning on **Tuesday, June 9 from 11:45 am-1:45 pm**. Cost \$72.

Online Auctions: Successful Selling on eBay

Larry Gold, Instructor

This class will introduce you to the ins and outs of eBay. The class requires basic PC, Internet, and email skills. Senior discount does not apply. Limited to six. 2 classes beginning on **Monday, June 15 from 11:45 am-1:45 pm**. Cost \$50.

Tai Chi for Seniors

Vincent Chu, Instructor

Senior discount does not apply. 7 classes beginning on **Friday, June 5 from 2:00-3:30 pm**. Cost \$74.

Yoga for Older Adults

Steffi Shapiro, Instructor

Yoga is well suited to older people because it combines safe, gentle ,invigorating stretching exercises with relaxation and introspection. Please bring a yoga mat. Senior discount does not apply.

Chair Class 8 classes beginning on **Tuesday, June 9 from 2:00-3:00 pm**. Cost 67.

Floor Class 8 classes beginning on **Tuesday, June 9 from 3:00-4:00 pm**. Cost \$67.

Senior S-T-R-E-T-C-H

Steve Shain, Instructor

Co-sponsored by the Council on Aging

Senior discount does not apply. 16 classes on **Monday and Wednesday beginning on June 8 from 10:30-11:30 am**. \$80.

Strength Training for Seniors

Steve Shain, Instructor

Co-sponsored by the Council on Aging

Senior discount does not apply. 16 classes on **Monday and Wednesday beginning on June 8 from 8:45-10:15 am** Cost \$90.

Bootcamp for Seniors: Balance and Strength Training

Steve Shain, Instructor

This boot camp class incorporates the best of balance and strength training. Please bring a set (2) of two to three pound hand weights to class. Senior discount does not apply. 8 classes beginning on **Friday, June 12 from 1:00-2:00 pm**. \$62.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, announces the start of the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; June 20 and July 18 from 11:00- 1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.

IPADS AND IPHONES FEATURES FOR LOW VISION USERS

Evan Silver, Adaptive Technology Instructor for the Massachusetts Commission for the Blind will be at the Senior Center on **Wednesday, June 24 at 1:00 pm** to teach us about the "built in" accessibility features in iPhones and iPads and to demonstrate how visually impaired people can use the products in their daily life. To register, call 617-730-2770.

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COUPON

JUNE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. SOUP: Oriental Vegetable HOT: Chicken Lo Mein; Oriental Veg.; Roll; Fortune Cookie COLD: Seafood Salad on Oat Bread; Balsamic Vinaigrette Pasta / Beet Salad DESSERT: Fruit Loaf	2. SOUP: Chicken & Wild Rice HOT: Meatloaf w/LS LF Beef Gravy; Cauliflower; Sweet Potato; Rye Bread COLD: Turkey Deluxe*** (Spinach, Egg, Ranch) Sandwich; Carrot-Pineapple / English Pea Salad DESSERT: Fruit	3. HOT: Hot Dog*** w/Ketchup, Mustard & Relish on Roll; Baked Beans; Cole Slaw COLD: Egg Salad (V) on Wheat Bread; Broccoli Slaw; Orzo-Veg. Salad DESSERT: Orange	4. SOUP: Kale Pasta HOT: Fiesta Fish; Corn; Zucchini; Oat Bread COLD: Roast Beef w/American Cheese & Mustard on Rye Bread; Potato / Spinach-Mandarin Salad DESSERT: Chocolate Pudding w/Top.	5. HOT: Lentil Stew (V); Roasted Root Veg.; Garden Salad w/Lite Italian Dressing; Multigrain Bread COLD: Curry Chicken Salad on Scali Bread; Cauliflower-Carrot / Macaroni Salad DESSERT: Cinnamon Applesauce
8. SOUP: Beef-Vegetable HOT: Roasted Turkey w/Gravy; Sweet Potatoes; Zucchini & Red Peppers; Wheat Bread COLD: Tuna Salad on Pumpkinickel Bread; Summer Squash / Potato Salad DESSERT: Pineapple	9. SOUP: Corn Chowder HOT: Fish Florentine; Butternut Squash; Red Cabbage; Multigrain Bread COLD: Chicken Pesto Caesar Salad w/Caesar Dressing; Tricolor Pasta Salad; Wheat Roll DESSERT: Pears	10. HOT: Chicken w/Lemon Dijon Sauce; Orzo Pilaf; Italian Green Beans; Dinner Roll COLD: Seafood Salad w/Lettuce on Rye Bread; Broccoli Slaw; Summer Potato Salad DESSERT: Chocolate Chip Cookie	11. SOUP: Cream of Butternut Squash HOT: Italian Pot Roast; Red Bliss Potatoes; Broccoli; Wheat Roll COLD: Turkey & Swiss w/Mayo on Scali Bread; Garden Shell Pasta / Spinach & Mandarin Salad DESSERT: Orange	12. HOT: Spinach & Red Pepper Frittata (V); Potatoes; Rye Bread COLD: Roast Beef & Swiss w/Lite Mayo on Oatmeal Bread; Cole Slaw; Corn Salad DESSERT: Chocolate Pudding w/Top.
15. HOT: Stuffed Pepper Casserole (Beef) w/Tomato Sauce; Kale; Wheat Bread COLD: Seafood Salad on Pumpkinickel Bread; Ziti Broccoli / Summer Squash Salad DESSERT: Peach	16. HOT: Macaroni & Cheese*** (V); Baked Tomato Half; Oat Bread COLD: Roast Beef & Cheddar w/Lite Mayo on Multigrain Bread; Lo Mein Pasta Salad; Cole Slaw DESSERT: Tropical Fruit	17. SOUP: White Bean Kale HOT: Salmon Filet w/Teriyaki Sauce; Oriental Veg.; White Rice; Rye Bread COLD: BBQ Chicken w/Mozzarella & Onion on Roll; English Pea / Roman Blend Salad DESSERT: Fruit Flavored Yogurt	18. <i>Fathers' Day Special</i> SOUP: Clam Chowder HOT ONLY: Beef Burgundy; Baked Potato w/Sour Cream; Fresh Broccoli; Cinnamon Dinner Roll DESSERT: Angel's Food Cake w/Topping	19. SOUP: Split Pea HOT: Chicken Marsala; Mashed Potatoes; Zucchini & Red Pepper; Garlic Dinner Roll COLD: Mediterranean Tortellini Salad (V) / Summer Squash Salad DESSERT: Pineapple
22. HOT: Roast Pork w/Apple Glaze; Roasted Potatoes; Zucchini & Cauliflower; Oat Grain Bread COLD: Chicken Salad on Multigrain Bread; Summer Potato / Roman Blend Salad DESSERT: Tapioca Pudding	23. SOUP: Beef Consomme Vegetable HOT: Ravioli w/Meat Sauce; Broccoli; Oatmeal Bread COLD: Egg Salad (V) on Pumpkinickel Bread; Cauliflower-Carrot / Garden Shell Pasta Salad DESSERT: Mandarin Oranges	24. SOUP: Seafood Chowder HOT: Krunch Lite Fish Sticks w/Lemon / Tartar Sauce; Sweet Potato Wedges; Peas COLD: Turkey & Swiss w/Lite Mayo on Wheat Bread; Broccoli Slaw; Potato Salad DESSERT: Pineapple	25. SOUP: Tomato HOT: Honey Mustard Chicken; Mashed Potatoes; Fiesta Blend Veg.; Garlic Dinner Roll COLD: Vegetarian Chef Salad (V) w/Lite Italian Dressing; Pasta Salad; Multigrain Bread DESSERT: Birthday Cake	26. HOT: Veggie Burger w/American Cheese on Hamburger Roll (V); Roasted Red Potatoes; Spinach COLD: Roast Beef & American Cheese w/Lite Mayo on Oatmeal Bread; Vinaigrette Pasta Salad DESSERT: Tangerine
29. SOUP: Mushroom Barley HOT: Chicken Paprika; Noodles; Broccoli & Carrots; Pumpkinickel Bread COLD: Tuna Salad on Multigrain Bread; Tomato-Red Pepper / Summer Potato Salad DESSERT: Pear	30. SOUP: Pasta Fagioli HOT: Cheese Lasagna w/Meat Sauce; Kale & Mushrooms; Wheat Dinner Roll COLD: Turkey & Swiss w/Lite Mayo on Rye; Garden (Lite Italian Dressing) / Corn Salad DESSERT: Peaches	<p>YOUR NAME: _____ Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.</p> <p>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/ crackers.</p> <p>*** denotes High Sodium \$2 donation suggested per meal.</p>		

LUNCHEON SPECIALS FOR JUNE

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 10:30 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

On **Tuesday, June 16** we celebrate June birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all June birthday celebrants. And on **Thursday, June 18** we celebrate with a Father's Day Lunch.

Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

Lunch is also served at noon in the community room at Morse Apartments, 90 Longwood Ave. Please reserve by 11:00 am. the day before by calling 617-735-7588.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



LET'S GO OUT TO LUNCH BUNCH

On **Tuesday, June 30 at 12 noon** we will be going to OSAKA (Japanese). Call 617-730-2770 for reservations and transportation.

-Save the Date -

Tuesday, July 28 JoJo Tai Pei

Israel, Van Kooy & Days, LLC



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Tuesday, June 2

1:00 pm Movies for Film Lovers –Selma

Wednesday, June 3

1:00 pm Cookbook Demonstration ***

2:00-3:00 pm Blood Pressure Screening BPHD *

7:00 pm Seasoned Voices Annual Poetry Reading *

Thursday, June 4

9:00 am-12:00 noon Brookline Legal Assistance

1:30 pm Easy Travel-Second leg of Alice

Fastov's Trip to Israel-Part 2.

1:00-4:30 pm Wisdom Works***

1:30-2:30 pm Zumba Gold Free Session

Friday, June 5

9:00 am –12:00 noon Podiatry Clinic ***

Sunday, June 7

3:00 pm Pride Senior Tea *

Monday, June 8

1:00 pm Crash Course in Assisted Living ***

Tuesday, June 9

1:00 pm Movies for Film Lovers –The Imitation Game

1:00-3:00 pm Halls Pond Walk ***

Wednesday, June 10

1:00 pm Council on Aging Meeting

1:00-2:00 pm Blood Pressure Screening 50 Pleasant St. *

Thursday, June 11

1:00-3:00 pm Wisdom Works ***

2:00 pm Annual Marie Levine Concert ***

Friday, June 12

Alzheimer support group call for information

Saturday, June 13

Annual ELKS BBQ ***

Sunday, June 14

2:00 pm Theater Club-Guys and Dolls ***

Flag Day

Monday, June 15

1:00 pm Acupuncture Presentation ***

Tuesday, June 16

12:00 noon June Birthday Lunch ***

1:00 pm Movies for Film Lovers –Leviathan

Wednesday, June 17

1:00 pm Real Estate Presentation-Downsizing ***

1:30 pm Modern Beading

Thursday, June 18

9:00-10:00 am Blood Pressure Screening Senior Center

11:00 am Blood Sugar Screening

12:00 noon Father's Day Lunch ***

1:00-2:00 pm Hearing Services

2:00 pm Disruptive Demographics***

Friday, June 19

9:00 am –12:00 noon Podiatry Clinic ***

Saturday, June 20

11:00 am –1:00 pm LGBT Out 2 Lunch Bunch

Tuesday, June 23

9:00-10:00 am Public Issues nonfiction Group

1:00 pm Movies for Film Lovers –Sorry, Wrong Number

Wednesday, June 24

1:00 pm Low Vision iPad/iPhone Demonstration***

1:00-2:00 pm Blood Pressure Screening 61 Park St. Call to confirm *

6:00-9:00 Health Care Forum

Thursday, June 25

10:00 am–2:00 pm Annual Yard Sale

1:00-4:00 pm Wisdom Works***

Friday, June 26

10:00 am –5:00 pm Rockport ***

Monday, June 29

1:00 pm Taste of Boylston Place –Summer berries ***

Tuesday, June 30

12:00 noon Let's Go Out to Lunch Bunch – OSAKA***

1:00 pm Movies for Film Lovers-Unbroken

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open Membership required
 8:45-10:15 Strength training **
 9:30am Neighborhood Walking Group
 10:00-11:30 am Poetry Workshop ***
 10:30-11:30 Senior STRETCH **
 12:00 noon Springwell Lunch***
 12:30-3:30 pm Mah Jongg/Scrabble
 2:00-4:00pm Open Computer Lab
 2:30 Chinese Programs

Tuesday

8:30 am-4:30 pm Fitness Center Open membership required
 One-to-One Computer Sessions (call 617-730-2777 for appointment ***
 9:00-12:00 noon Reiki Therapy ***
 10:00 am Flexibility, Resistance Training, and Balance
 10:15 am Brookline Bees, Quilters
 11:00-11:45 Tuesday Morning Dance Party
 12:00 Springwell Lunch ***
 12:00 noon French Conversation
 12:00-4:00 pm BETS
 12:30-3:30 pm Canasta Group***
 1:00 pm BINGO
 1:00 pm Movies for Movie Lovers
 2:00-3:00 pm Exercise for Health & Rejuvenation
 2:00-3:00pm Yoga Chair Class **
 2:00-4:00 pm Food Distribution Site (hours approximate)
 3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required
 8:45-10:15 Strength Training **
 9:00-10:00 am Living Our Values
 10:30am Retired Men's Club

10:30am Senior STRETCH **
 12:00 noon Springwell Lunch ***
 2:00-4:00 pm Open Computer Lab
 3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
 9:30 Art for Pleasure Class ***
 10:30 am Arthritis Exercise ***
 10:30 am and 1:30 pm Knit and Crochet
 12:00 noon Springwell Lunch ***
 12:00-1:00 pm Intermediate Spanish***
 1:00-3:00 Chess
 1:15-2:15 pm Beginning Spanish Class***
 2:30 pm Spanish Immersion Conversation Group***

Friday

8:30 am-4:30 pm Fitness Center Open membership required
 9:00 am Bridge
 10:00 am Solemates Walking Group ***
 10:30 am Current Events Discussion Group
 10:30 am Senior Chorus
 12:00 noon Springwell Lunch ***
 12:30-2:00 pm Basic Computer Class in Spanish ***
 1:00-2:00pm Bootcamp for Seniors **
 2:00-3:00pm Tai Chi **
 3:00 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
 *** Registration Required

Brookline Health Care Center

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At Brookline Health Care Center, our mission is to promote optimal recovery of independence to enable a smooth and safe transition to home. Our sub-acute rehabilitation program provides comprehensive programming seven days a week.

We strive to exceed all expectations of the patient and family through individualized evaluations and treatment plans. Interdisciplinary team members include:

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- Nurses
- Social Workers
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- Gait training
- Bed mobility
- Transfer training
- Prosthetics

Occupational Therapy

- Activities of Daily Living (ADL) training
- Energy management
- Range of motion/strengthening exercises
- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

Speech Therapy

- Treatment for head and neck articulation and swallowing disorders via oral motor pharyngeal exercises
- Cognitive remediation
- Dysphagia issues



Brookline Health Care Center
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FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm. Get a number in the coffee lounge beginning at**

11:00 am. Do not go down to the

basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer, see Lydia Pearl at the Senior Center on Tuesday mornings.



E.L.F. MONTHLY FEATURED ITEMS AND NEWS



ELF: The Equipment Loan Fund has been temporarily replenished. Currently we have a large number of crutches available for use. If you or someone you know

has this need, please contact Jamie at 617-730-2753. The program still also seeks donations for transport wheelchairs.

CALLING CHESS PLAYERS

of all abilities on **Thursday afternoons from 1:00-3:00 pm.** You can bring your own board or use one of ours.

SPANISH IMMERSION

Spanish Immersion in Brookline offers six different kinds of immersion in Latino language and culture—all at the Senior Center.

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm**, in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes **will run on Thursdays from 12:00 noon to 1:00 pm.**
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm.**

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday and Saturday from 11:00 am to 4:00 pm

**Children's, Men's, Women's clothing
at reasonable prices!**

SENIOR CENTER THEATER CLUB

Sunday, June 14 at 2:00 pm.

Guys and Dolls

Reagle Theater Waltham.

Set in Damon Runyon's jubilant, shimmering New York City, The Tony Award winning musical about gangsters, showgirls and mission workers stars Oliver Award nominee Brent Barrett and opera singer Mara Bonde. Sparks fly and chaos erupts when a slick gambler is challenged to take an uptight Salvation Army girl to Havana on a bet.

Cost: \$39

Sunday, July 12 at 2:00 pm.

Kiss Me Kate

Reagle Theatre Waltham

Cole Porter's hilarious musical recounts the madcap backstage and onstage antics of the feuding couples during a production of the Taming of the Shrew.

Cost: \$39

Sunday, July 30 at 12:05

Pawtucket Red Sox Game

Cost: \$15

Sunday, August 9 at 2:00 pm

Reagle Theater Waltham

Wonderful Town

The Big Apple comes to Waltham in Leonard Bernstein's rhythmic and soaring musical comedy. The Tony Award winning musical comedy centers around the sassy and brassy Ruth Sherwood and her demure sister who move from Ohio to New York to fulfill their dreams!

Cost \$39

Sunday, September 27 at 2:00 pm

The New Rep Comes to the Senior Center Presents "1984"

Refreshments included.

To reserve your place call 617-730-2777

PUTTERHAM

BOOK DISCUSSION GROUP

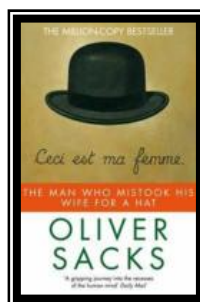
Charlotte Millman and Roberta Sherman Winitzer, co-discussion leaders for the Putterham Book Discussion group, meet at the Putterham Branch Library once a month on **Monday from 2:00-3:00 pm**. Books are available at the Putterham Branch Library and new members are always welcome. We are on vacation in **June**. The Book club will resume in **July**.



PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month**.



Tuesday, June 23 The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver Sacks (Summit Books)

Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE IN THE COST OF YOUR DRUGS!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies so you should check that the pharmacy you currently use is still a preferred pharmacy.

BRIDGE



Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

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HAPPY **Father's**
DAY

PRESCRIPTION ADVANTAGE

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit*!

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple. You may also join... if you are 65 years or older and **not eligible for Medicare**.

There is no income limit.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

BROOKLINE ADULT EXCURSIONS

June



Hall's Pond Walking Tour

We will walk Halls Pond with the Environmental Educator. The walk will focus on the natural history of the sanctuary as well

as the plants and animals found on site. Please wear walking shoes.

Tuesday, June 9 from 1:00-3:00 pm

Residents \$8-Nonresidents \$11



Rockport We will explore the seaport town with its many art galleries and specialty shops. Some local attractions include a salt water taffy factory,

The Paper House, and motif Number 1. The beaches and natural forest parks are beautiful. Rockport's Hidden Gardens additional fee.

Friday, June 26 from 10:00 am-5:00 pm

Residents \$15-Nonresidents \$20

Registration: www.brooklinerec.com 617-730-2069.

**Pick up locations: Brookline Senior Center
Soule Recreation Center**

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.



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VOLUNTEERING

“Volunteering: A Work of Heart.” Volunteer and make a difference. Volunteer openings we are spotlighting this month include: Tuesday afternoon summer food pantry help (perfect for strong young students); gardening outside the Brookline Senior Center, shopping for seniors during the summer when many High School students are not available, KI Temple, Memory Café – help with refreshments 1/mo, play games – Bridge, Whist and Chess, coordinate Chess 2 hours/week, update the BSC web page and blog, , and act as a theater chaperone. There are many other interesting opportunities to choose from as well. Please contact Patricia at 617 730 2743 to talk about how you can help and to share your ideas.

ESL CONVERSATION GROUP

Our popular weekly English as a Second Language (ESL) Conversation Group has resumed. If you would like to practice your English, then this is the place for you! Come on **Wednesdays at 3:00 pm**. This supportive group, led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. To register, call 617-730-2770.

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617-552-6949 or e-mail canlab@bc.edu.

REAP

WISDOM WORKS

A Job Search Program for Mature Workers will meet on **Thursdays, June 4 1:00-4:30 pm, June 11 from 1:00-3:00 pm and on Thursday, June 25 from 1:00-4:30 pm**. This comprehensive 3-session class explores: Skills, Accomplishments, and Values Resumes, Networking, and Interviews Job Search Techniques and Resources, including online job boards and applications. The workshop is also suitable for those wishing to do volunteer work. Pre-registration is required. To register, contact Deidre Waxman at 617-730-2767 or Patricia Burns at 617-730-2743. A materials fee of \$5 will be collected at the first class.

1-ON-1 JOB SEARCH SKILLS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 appointments to assist with essential job search tools; resume writing or updating, job-specific cover letters and LinkedIn profile development. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.

NEW TAX WORK-OFF YEAR

BEGINS JULY 1st

We still have several places available for Brookline home or condo owners who are 60 plus and income eligible \$48,800 and under in the Tax Abatement Program. In exchange for 125 hours of service to the town over a ten month period you will receive a \$1,000 property tax abatement. For more information about the program or eligibility please contact: Deidre Waxman at: 617-730-2767

FREE FUN FRIDAYS!



The Highland Street Foundation is again underwriting FREE FRIDAY admissions at a wide variety of museums, historical

sites and other attractions throughout the commonwealth this summer. The following programs will be offered on Friday, June 26. These events are very popular so register early call 617-969-8900

Tanglewood Lenox, Ma

Norman Rockwell Museum Stockbridge, Ma

Edith Wharton's Home Lenox, Ma

Worcester Art Museum Worcester, Ma

MIT Museum Cambridge, Ma

Peabody Essex Museum Salem, Ma

The House of Seven Gables Salem, Ma

<http://www.highlandstreet.org/freefunfridays>

THANK YOU GRACE AND WELCOME IDA

As many of you know, Grace Fung, our long time Chinese Outreach Worker from the Greater Boston Chinese Golden Age Center moved on from her position in March. While we will certainly miss Grace, we are happy to welcome our new Outreach Worker, Ida Kwong. Ida is at the Senior Center on **Monday afternoons from 2:30-4:30 pm**. She speaks both Cantonese and Mandarin and is currently training to be a SHINE counselor. Ida will provide consultation to our Chinese participants and their families around services in the community and she will also help us with coordinating our annual Chinese New Year and August Moon celebrations. Join us in making her feel welcome!

MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We meet at the Senior Center on **Wednesday, June 17, at 1:30 pm**. Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores.

SHINE

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include: Colorectal cancer screening, mammograms, Pap tests and pelvic exams, Prostate cancer screening, Bone mass measurements, Cardiovascular screening, Flu and pneumonia shots, alcohol misuse screening and counseling, depression screening, obesity screening and counseling.

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. For further assistance with any Medicare issue, contact the SHINE Program.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Thank You

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honoring Doreen Gordon's 90th birthday
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FROM THE DIRECTOR

One of our special programs of the year will be held on Thursday, June 11. The 12th annual concert in memory of Marie Lavine will begin at 2:00 pm with the fabulous talent of Cindy Gale accompanied by pianist, Neil Greene. Cindy is a talented musician who regularly performs with the Bo Winiker Band. She has had the extreme pleasure to have performed with the Boston Pops Orchestra for their New Year's Concerts in 2013 and 2014. She will be singing songs from the Great American Song Book. Afterwards, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite. This is one concert not to be missed. We appreciate Marie's daughters, Eileen and Kathy, who lovingly sponsor this annual event in memory of their mother.

In addition, on June 24 at 6:00 pm. we are pleased to host the Public Health's 19th Annual Report Card on Health Care. Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages so encourage a younger friend to attend. (See P. 7 for details).

Thank you for your support of the Brookline Senior Center. Many of you honor loved ones through your donations. I am especially touched when someone includes a note with their contribution. Here is an excerpt from one recent one. "I would like to donate just as a token of my appreciation of all that your wonderful organization stands for and providing seniors with so many options.

On Sunday, June 7 at 3:00 pm the LGBT community celebrates their 12th annual Tea Dance at the Brookline Holiday Inn on Beacon St. Pride activities allow LGBT seniors to know what it feels like to be out, open and supported in the LGBT community. We will have a couple of free tickets. See me if you want to attend.

Finally, Happy Father's Day to the fathers and grandfathers. My own father was a very special man. He was a teacher and humanitarian who instilled in me to find the good in all people. Indeed, every day his spirit is here in the Senior Center as his lesson to me was to always be warm and welcoming, and open to all types of people striving to make the world a better place one act at a time. Please join me in doing something extra kind this month for someone in his memory.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

Did you know – "Exercise is the only thing that helps everything associated with aging." That's according to Dr. Janice Schwartz, a professor of medicine at the University of California at San Francisco. I am continually amazed by the amount of new research that shows the value of fitness for older adults – improving physical health, boosting memory and helping prevent dementia! We are so grateful to have our renovated Fitness Center, made possible by many generous individuals and organizations.

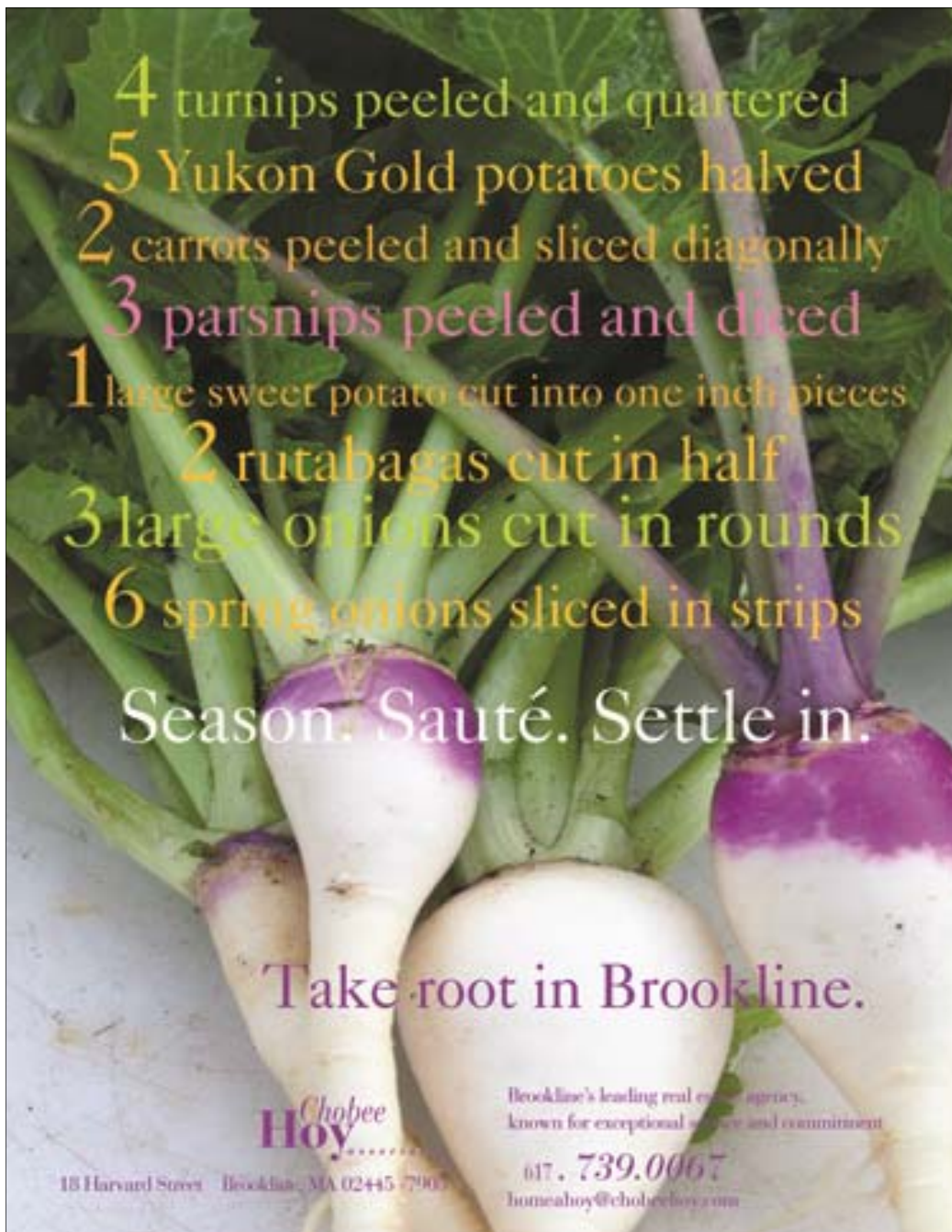
Unfortunately, not everyone is able to afford the Fitness Center membership fee, even though it costs much less than other fitness centers in our community. To help alleviate the need, we are raising money for Fitness Center scholarships for low-income seniors. **Just \$35/month (\$420/year) keeps one more older adult active. Please join me in supporting this important cause. Our fiscal year ends June 30th. Your contribution today will help sustain these programs for our next fiscal year.**

*With much appreciation,
Elizabeth Pollock*

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2 rutabagas cut in half
3 large onions cut in rounds
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